



Public Health

Seattle & King County

HEALTHY PEOPLE. HEALTHY COMMUNITIES.

Dorothy F. Teeter, MHA, *Interim Director and Health Officer*

Family Health Information, Somali

Xaashida Maclumaadka Caafimaadka Qoyska

Haddii uu yimaado hargab faafa ama xaalad caafimaad ee degdeg ah, liiska maclumaadka caafimaadka qoyska ayaa noqonaya mid aad muhiim u ah. Foomkaan hoos ku qoran ku buuxi maclumaadka qofkasta oo qoyska ka tirsan, adigoo ku buuxinaya meelaha banaan. Ka samee koobiyo aad u qaybinaysid, aqalkaaga (gurigaaga), gaarigaaga ama gawaaridaada, dugsiga ama dugsiyada ay carruurtaadu (ubadkaaga) dhigtaan iyo shaqada.

1. Maclumaadka Xubin (qof) Qoyska ka Tirsan

Cinwaanka aqalka (guriga) _____ Taleefanka

Xubin(qof) Qoyska ka Tirsan	Xasaasiyad/Aleerjiya	Xaaladaha Caafimaadka	Daawada	Qiyaasta inta Daawada laga qaato

Office of the Director

999 Third Avenue, Suite 1200 • Seattle, WA 98104-4039

T 206-296-4600 F 206-296-0166 TTY Relay: 711

www.metrokc.gov/health



2. Cidda (qofka) lala xiriirayo haddii ay xaalad deg-deg ahi timaado

Cidda (qofka) lala xiriirayo	Magaca & Lambarka Taleefanka
Cidda (qofka) magaaladaan ama gobolkaan lala xiriiryo haddii ay timaado xaalad degdeg ah	
Cidda (qofka) dibadda magaaladaan ama gobolkaan lala xiriiryo haddii ay timaado xaalad degdeg ah	
Cusbitaalada kuu dhow : Aqalka	
shaqada	
Dugsiga ama dugsiyada	
Dhakhtarka ama Dhakhaatiirta Qoyska	
Takhasusaha (Isbishaaliistaha) ama Isbishaaliistayasha (oo ay ku jiraan la taliyeyaasha)	
Caafimaadka Dadweynaha – Seattle & Deegaanka King County	Khadka Degdeggaa ah ee Cudurada La Kala Qaado (206) 296-4949 Bogga Internetka: www.metrokc.gov/health
Farmasi (Farmashi)	
Meesha aad ka shaqaysid cidda (qofka) lala xiriirayo haddii xaalad deg-deg ah timaado	
Dugisga ama dugsiyada cidda lala xiriirayo haddii xaalad degdeg ah timaado	
Urur Diini ah : Cidda lala xiriirayo	
Dhakhtarka Xoolaha	